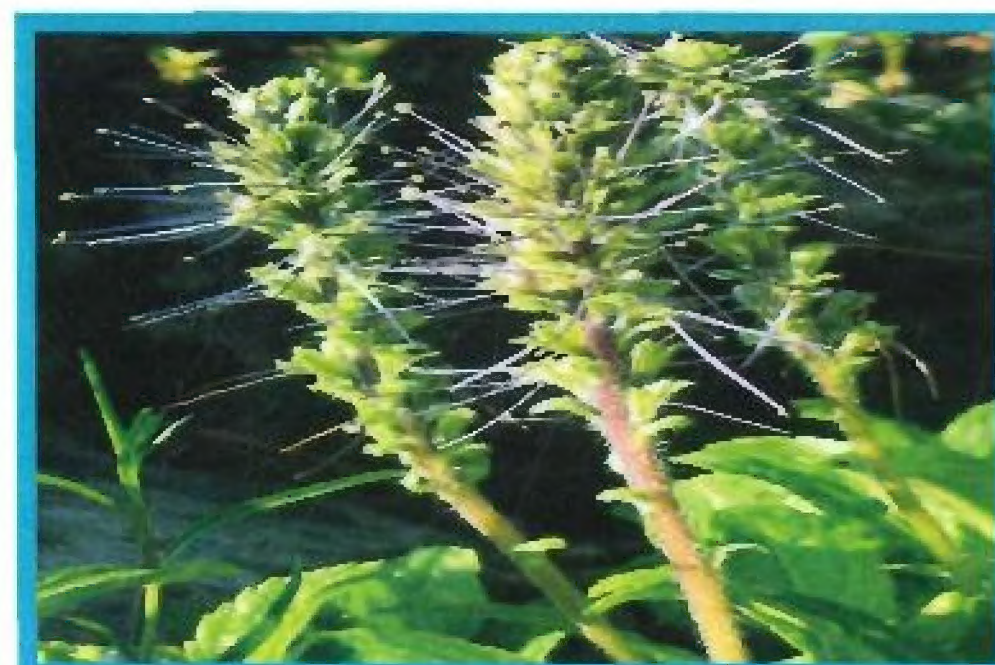


# INTRODUCTION TO HERBAL PLANTS

## 2070



## FEWA HANDICRAFT

P.O. Box No. 24168  
Chandol- 4, Kathmandu, Nepal  
Tel: +977-1-  
Mobile: +977-9851090446  
E-mail: [fewanp@gmail.com](mailto:fewanp@gmail.com), [miracals21@yahoo.com](mailto:miracals21@yahoo.com)  
Webpage: [www.fewanp.com](http://www.fewanp.com)



१ काकोली [FRITILLARY]

Scientific Name: - Fritillary Cirrhosa

Locality: - 3000-4500m, east to west

Flowering and Fruiting: - May- June

Parts used: - Bulbs

Uses: - The dried bulbs are used in asthma, bronchitis and tuberculosis



*Fritillary Cirrhosa*

२ कालोमुसली

Scientific Name: - Curculigo orchoides

Locality: - 500-1800 m, east to central

Flowering and fruiting: - April-may

Parts used: - Rhizomes

Uses: - Rhizomes are demulcent, diuretic, tonic aphrodisiac and used in piles jaundice, asthma, diarrhea and gonorrhea. The poultice of rhizome is also used in itch and skin disease.



*Curculigo orchoides*

३ कुटकी [PICRORHIZA]

Scientific Name: - Neopicrorhiza scrophulariifolia

Locality: - 2800-4200m, east to west

Flowering and fruiting: - June-August

Parts used: - Rhizomes

Uses: - Rhizome is useful in dropsy; antiperiodic fever; anemia and jaundice .It promotes secretion of bile, improves appetite and stimulates gastric secretion.



*Neopicrorhiza scrophulariifolia*



#### ४ केशर [SAFFRON]

Scientific Name: - *Crocus sativa*

Locality: - Cultivated and imported

Flowering and fruiting: - October

Parts used: - Dried stigmas



*Crocus sativa*

Uses: - It is used in fevers, melancholia and enlargement of liver, catarrhal affections and snake bite. Also used as facial cream and for de-coloration of skin.

#### १ गुच्छीच्याउ [MOREL MUSHROOM]

Scientific Name: - *Morchella Conica*

Locality: - 3000-4000m, west

Flowering and fruiting: - May-June

Parts used: - Whole Thallus



*Morchella Conica*

Uses: - A nutritious vegetable used as soup

During or after fever and paste on wound. Useful in healing the cuts ulcers and colitis.

#### ६ चिराइतो [CHIRETTA]

Scientific Name: - *Swertia chirayita*

Locality: - 1500-2500 m, east to west

Flowering and fruiting: - July-August

Parts used: - Whole plant



*Swertia chirayita*

Uses: - It is used for intermittent fever skin diseases, intestinal worms, and bronchial asthma diarrhea and liver problem. Also prescribed in dyspepsia, debility of convalescence.



### ७ जटामसी [SPIKENARD]

Scientific Name: - *Nardostachys Grandiflora*

Locality: - 3200-5000m, east to west

Flowering and fruiting: - June-July

Parts used: - Roots and rhizomes



*Nardostachys Grandiflora*

Uses: -the oil obtained from roots is well known hair tonic. An infusion of rhizome is used in epilepsy, hysteria palpitation of heart and cholera. A tincture of it is given in intestinal colic and flatulence. Also used as aromatic adjunct in preparation of medical oils.

### ८ जैतून [OLIVE]

Scientific Name: - *Olea europea*

Locality: - 500-2600 m, west

Flowering and fruiting: - March-September

Parts used: - Roots, fruits and seeds



*Olea europea*

Uses: -Roots can be used in rheumatism and brain diseases. Tonic and appetizer fruit are used in biliousness, liver complaints, scabies, throat, burning sensation of eyes and dental caries. Seed oil is useful in griping, liver troubles, pains in joints, rheumatism, lumbago, old wounds etc.

### ९ जङ्गलीलसुन [WIND GARLIC]

Scientific Name: - *Alliums carolinianum*

Locality: - 4800-5100 m, west to central

Flowering and fruiting: - August

Parts used: - whole plant



*Alliums carolinianum*

Uses: - Plant is stimulant, tonic, digestive and relieves toothache, earache and headache.



१० तेजपात [INDIAN CASSIA LIGNEA]

Scientific Name: - Cinnamomum tamala

Locality: - 450-2000 m east to west

Flowering and fruiting: - March-April

Parts used: - leaves and bark



*Cinnamomum tamala*

Uses:-leaves are carminative. Bark is useful in diarrhea, flatulence and nausea .leaves and bark are used in spices.

११ धसिङ्गरे [WINTERGREEN]

Scientific Name: - Gaultheria FrAGRANTISSIMA

Locality:- 1200-2600 m east to west

Flowering and fruiting: - April -may

Parts used: -Twigs and leaves



*Gaultheria FrAGRANTISSIMA*

Uses: - The winter green oil obtained from it can be used in various forms of rheumatism and applied extenally in liniments' in oder to reduce irritating effects. It has vermicial action against hookworm.

१२ निरमसी [[ACONITE]

Scientific Name: - Aconitum gammiei

Locality: - 3300-4300, east to central

Flowering and fruiting: - August -Oct

Parts used: - tubers



*Aconitum gammiei*

Uses: - tubers are non-poisonous and used in varieties of traditional medicines. They are much used as a stomach medicine and antipyretic.



१३ पदमचाल [HIMALAYAN RHUBARB]

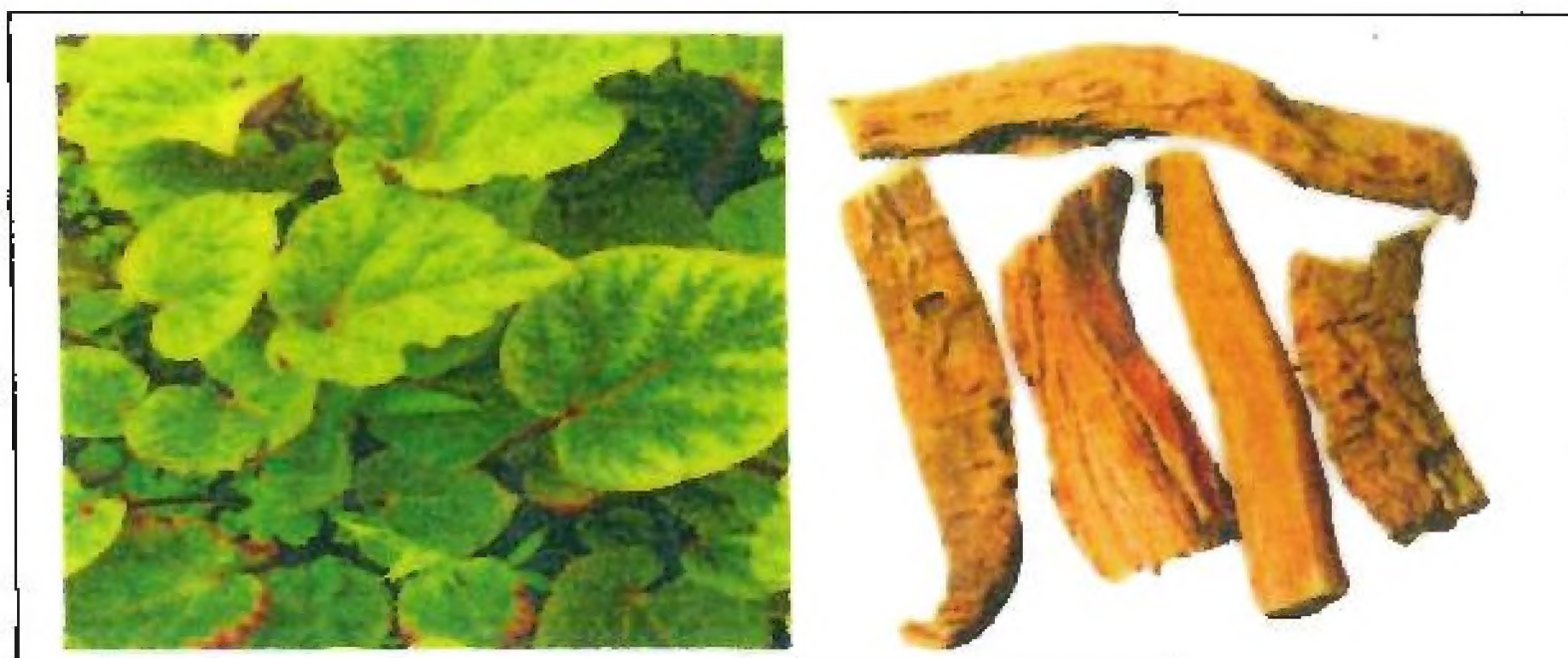
Scientific Name: - *Rheum australe*

Locality: - 3200-4200 m, east to west

Flowering and fruiting: - June-sept

Parts used: - Rhizome

Uses: -Rhizome are useful in dysentery and loss of appetite.



*Rheum australe*

१४ पाषाणभेद [ROCKFOIL]

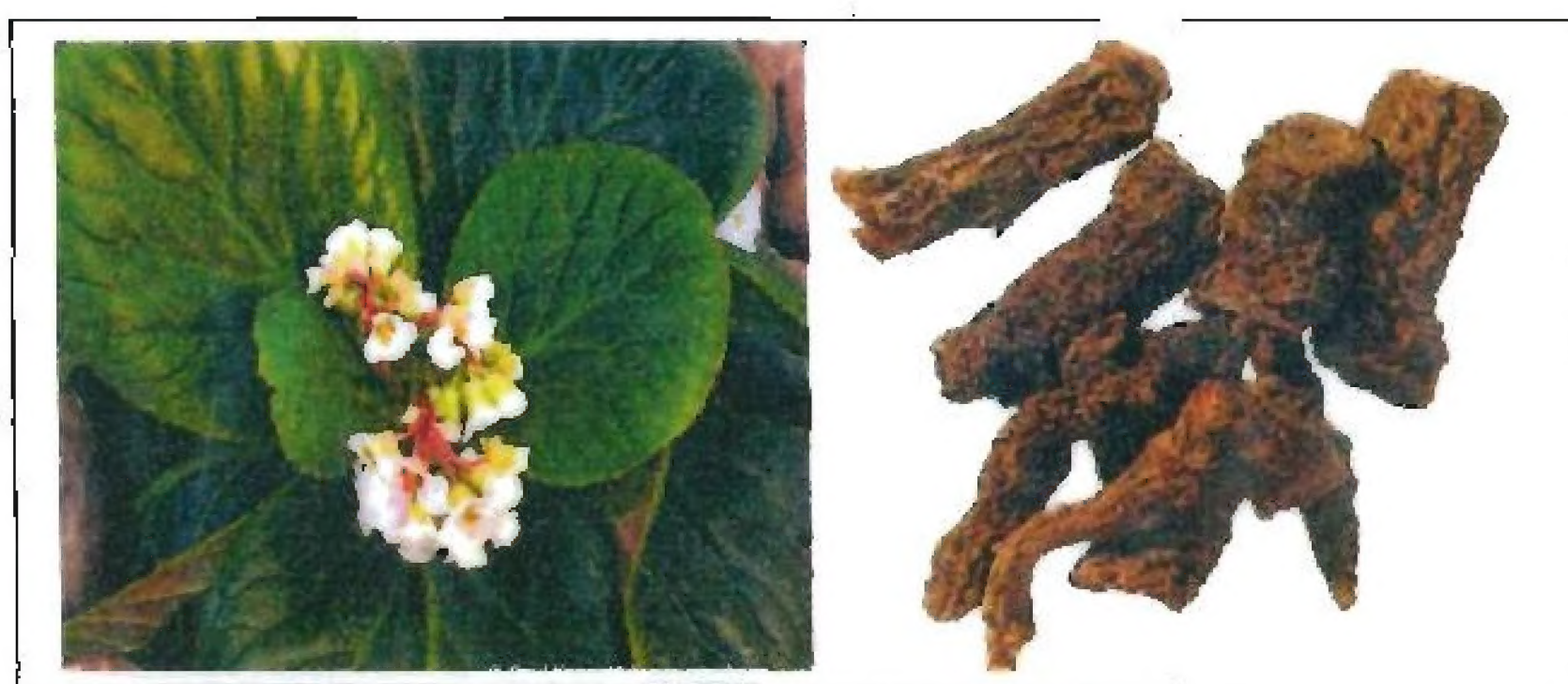
Scientific Name: - *Bergenia ciliata*

Locality: - 1000-3200 m, east to west

Flowering and fruiting: - March-April

Parts used: - Rootstock

Uses: -the root is cooling and useful in piles , tumors , urinary discharges , heart diseases and diseases of bladder and lungs used as tonic in fever diarrhea , cough and dysentery.



*Bergenia ciliata*

१५ पाँचऔल [ORCHID]

Scientific Name: - *Dactylorhiza hatagirea*

Locality: - 2800-4000 m, east to west

Flowering and fruiting: - June-July

Parts used: - Tubers

Uses: -Tubers are used as tonic. They are expectorant, astringent, demulcent and highly nutritious also used in urinary troubles .



*Dactylorhiza hatagirea*



**१६ बनतुलसी [SHRUBBY BASIL]**

Scientific Name: - *Ocimum gratissimum*

Locality: - 400-1200 m, east to west

Flowering and fruiting: - July-August

Parts used: - Plant



***Ocimum gratissimum***

Uses: - Plant is used as an aromatic bath for fumigation in the treatment of rheumatism and paralysis. Decoction of leaves is used in seminal weakness and gonorrhea. Seeds are used in headache and neuralgia.

**१७ बनप्याज [WILD ONION]**

Scientific Name:- *Alliums cepa*

Locality:-

Flowering and fruiting:- May-June

Parts used:- shoot bulb vegetables



***Alliums cepa***

used:- It is a homeopathic medicine used to relieve the symptoms of hay fever, nasal, congestion or similar complaints. Prevents copious discharges of tear glands and mucous membranes. It is an effective remedy for headaches. Earache, toothaches congested nose It is used to cure worms and bites from mad dogs. It can be used in recipes like soup and meat.

**१८ बनभैंडा [CAPER BUSH]**

Scientific Name: - *Capparis spinosa*

Locality: - 2000-2400 m, west

Flowering and fruiting:- May-sept

Parts used: - plant, leaves and flowers



***Capparis spinosa***

Uses:-plant is aperients, diuretic, resolvent, and tonic and used to treat rheumatism, paralysis, toothache, tubercular glands and affections of liver and spleen. Bruised leaves are used as a poultice in gout flowers are used in scurvy.



१९ वनमुला [TEASEL]

Scientific Name:- *Dipsacus inermis*

Locality:- 1500-2200 m, east to central

Flowering and fruiting:- June-sept

Parts used:- Roots

Uses:- Roots are abortifacient



*Dipsacus inermis*

२० वनलसुन [WILD GARLIC]

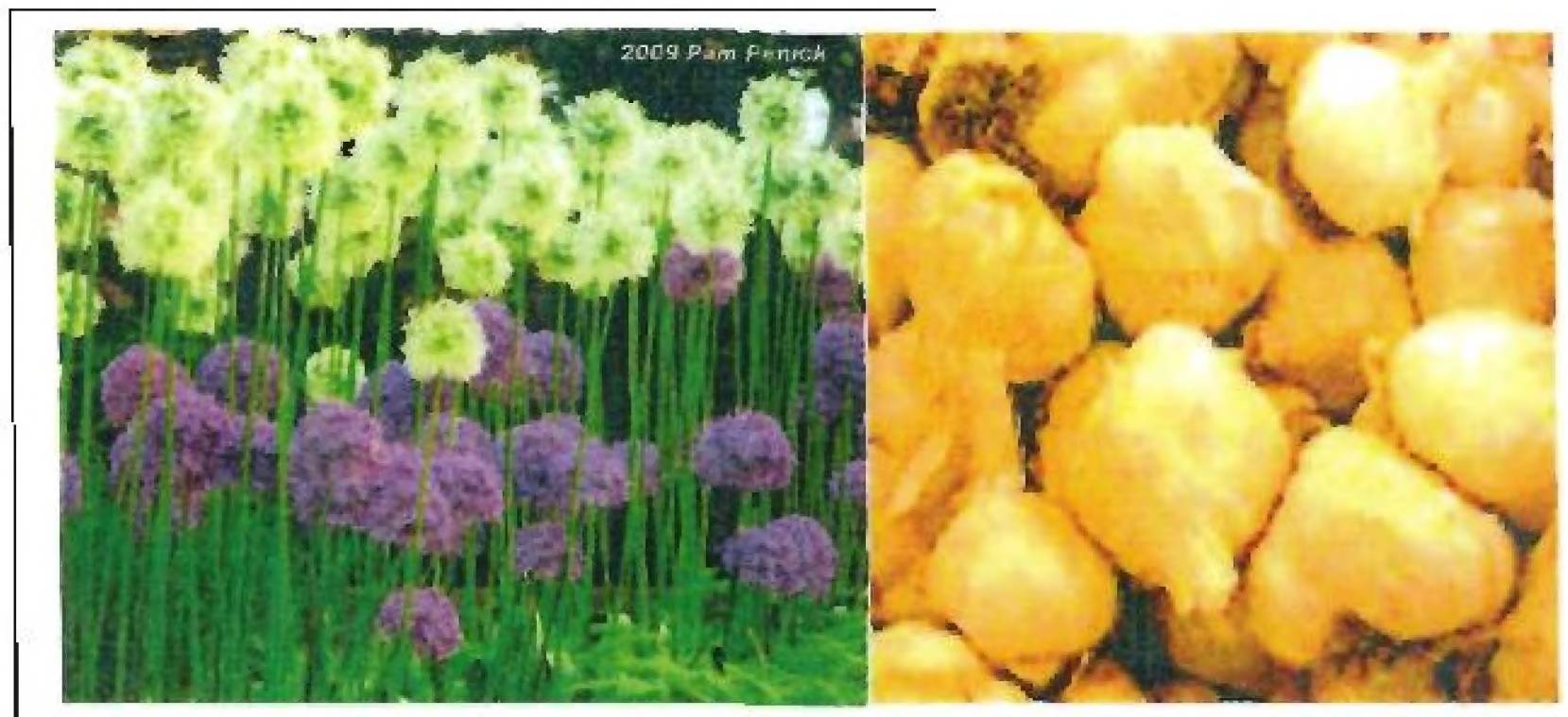
Scientific Name:- *Allium wallichii*

Locality:- 2400-4600 m, east to west

Flowering and fruiting:- Aug-sept

Parts used:- fibrous root and leaves

Uses:- stimulant and flavoring materials to various recipes.



*Allium wallichii*

२१ बोभो [Sweet Flag]

Scientific Name: - *Acorus Calamus*

Locality: - 500-2300 m, east to west

Flowering and fruiting: - June - July

Parts used: - Rhizomes



*Acorus Calamus*

Uses: - The rhizome is aromatic, carminative, emetic, anthelmintic, expectorant, antispasmodic and nerve tonic. It is used in dyspepsia, colic, remittent, fevers diarrhea, dysentery, bronchial and chest affections.



२२ भुतकेश [RAGWORI]

Scientific Name: - *Selinum tenuifolium*

Locality: - 2700-4800 m, east to west

Flowering and fruiting: - July-sept

Parts used: - plant

Uses: - plant is used in cough and cold



*Selinum tenuifolium*

२३ भोजपत्र [[HIMALAYAN BIRCH]

Scientific Name: - *Betula utilis*

Locality: - 2700-4300 m, east to west

Flowering and fruiting: - June-sep

Parts used: - Bark and resin

Uses: - Infusion of bark is used as antiseptic and carminative. It is also used in hysteria . paste of Bark is applied in cuts and wounds. Resin is used as contraceptive.



*Betula utilis*

२४ महामेदा [SOLOMON'S SEAL]

Scientific Name: - *Polygonatum verticillatum*

Locality: - 2400-4700 m, east to west

Flowering and fruiting:- May-Aug

Parts used: - rootstock

Uses: - rootstock cooling, emollient, diuretic, aphrodisiac, galactagogue appetizing and tonic



*Polygonatum verticillatum*



२५ यार्शागुम्बा [CORDYCEPS]

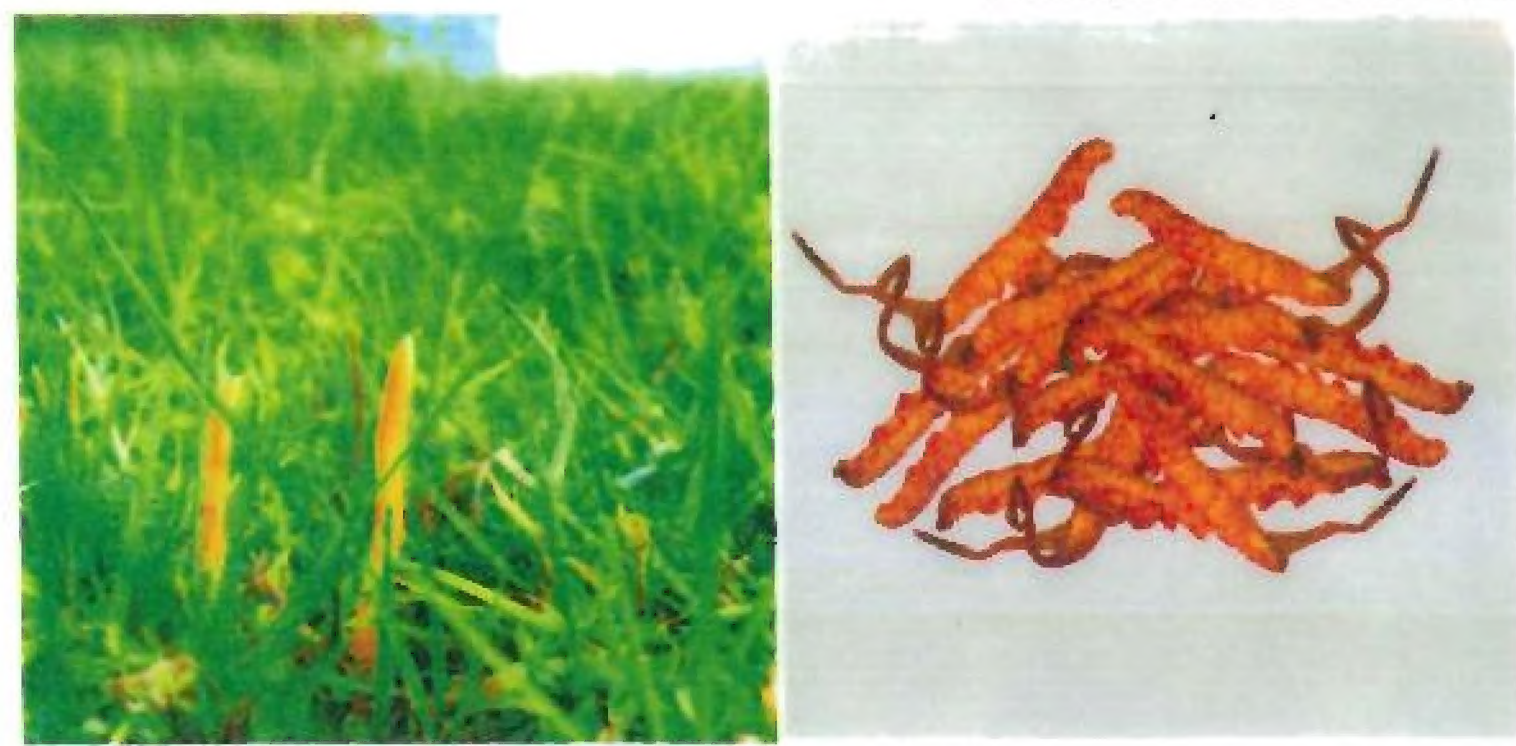
Scientific Name: - Cordyceps sinensis

Locality: - 3000-4500 in east to west

Flowering and Fruiting: - April-July

Parts used: - Whole Plant

Uses: - Tonifies Lungs and Kidneys along with treating chronic cough and asthma. Produce energy against weakness after long impotency.



**Cordyceps sinensis**

२६ रातोच्याड [RED MUSHROOM]

Scientific Name: - Ganoderma Lucidum

Locality: - 2500-3500m, west

Flowering and fruiting: - May-July

Parts used: - Whole Thallus

Uses: - It strengthens immunity power and promotes stamina. Gives relief against allergy, anxiety and assists blood circulation and respiration system. Recently used for cancer and HIV/AIDS.



**Ganoderma Lucidum**

२७ लोठसल्ला [HIMALAYAN YEW]

Scientific Name: - Taxus willichiana

Locality:- 2300-3400, east to west

Flowering and fruiting:- May-August

Parts used:- bark and leaves .

Uses: - Taxol extracted from bark and leaves of this plant is used as anti-tumor agent and also to cure cancer of breast and uterus. It is also used in asthma and bronchitis.



**Taxus willichiana**



२८ सजिवन [PURGING-NUT]

Scientific Name: - *Jatropha curcus*.

Locality:- 500- 1200 m, East to west

Flowering and fruiting: - May-June

Parts used: - leaves seeds and oils.



*Jatropha curcus*

Uses: -plant juice is used in whitlow, convulsion, syphilis, neuralgia, dropsy, anasarca and pneumonia .Roots bark is used in rheumatism and leaves are used in tumor and scabies. Seeds are used against cancer and warts. Seed oil is used in rheumatism and paralytic affections.

२९ सतुवा [HERB PARTS]

Scientific Name: - *Paris Polyphylla*

Locality: - 2000-4500 m, east to west

Flowering and fruiting: - April-may

Parts used: - Rhizome



*Paris Polyphylla*

Uses: - the rhizome is anthelmintic and also as tonic.

३० [Black False Hellbore]

Scientific Name: - *Veratrum Nigrum*

Locality: -

Flowering and Fruiting: - Aug -Sep

Parts used: - Roots



*Veratrum Nigrum*

Uses: - It is an analgesic arthelmintic , emetic, errhine, expectorant , laxative, vermifuge and toxic drug which can be used intenally or extenally without expert guidance .also used and insecticide and parasiticide and effective against caterpillars and mammals.